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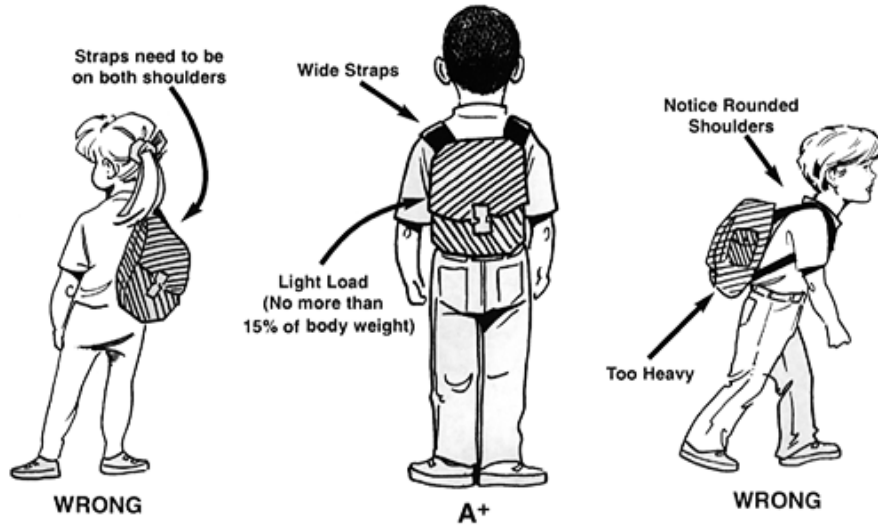
SEPTEMBER

PACK IT LIGHT, WEAR IT RIGHT!  
NATIONAL SCHOOL BACKPACK AWARENESS DAY



Today is **National Backpack Awareness Day!** Wearing a heavy backpack over time leads to serious chronic back pain and injury. Even carrying a heavy bag around for a short period of time can cause significant health problems. In fact, **related injuries sent over 2,000 students to hospitals** and emergency rooms in just one year, and 85 percent of university students self-report pain and strain in their necks, backs, and shoulders. This day is an opportunity to talk about backpack safety and bring awareness to this common issue.

## Is Your Child's Backpack Making The Grade?



With more than 79 million U.S. students wearing backpacks at any given time, the potential for injury is huge. The good news is that the problem can be easily solved with awareness and a few recommendations:

- A loaded backpack should not weigh more than 10 percent of the student's total body weight.
- The backpack should extend from two inches below the shoulder blades to slightly above the waist.
- Students should wear the backpack on both shoulders for even weight distribution.

If you or your child experiences any pain or discomfort resulting from backpack use, give our office a call. Our Acupuncturist is trained to treat patients of all, along with instruction in good nutrition, posture and sleeping habits.

***Ok parents, now that you know all the facts about how to AVOID PAIN FROM BACKPACK USE, it's time to get your kids saddled up for the school year.***

Yours in Good Health,

*Health Source Acupuncture*

*Food for thought...*



*Dominic Sembello, L.Ac., Board Certified Acupuncturist*

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